

**Always check with your personal physician before beginning any exercise program.**

The BNL Health Promotion Program offers eligible employees personal consultations for exercise and nutrition issues. To access the service contact Michael Thorn @ x 8612.

**Spicing up Your Indoor Workouts**

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At this time of year when extreme cold can put the damper on outdoor exercise routines, it's good to have a backup to keep things interesting when you are exercising indoors on equipment or you head to the pool for a swim. To spice up your indoor routine to maintain and even improve your fitness, try one of these workouts:

**Swimming**

Start out by swimming 5 minutes at an easy, comfortable pace. You can do any stroke or combination of strokes as you swim continuously.

For the middle 20 minutes, increase the intensity of your swim workout by swimming anywhere from 2-4 lengths at a much faster pace. Rest at the wall for 10-15 seconds in between each swimming repeat. 2 great workouts to do are:

(1) 10 x 2 lengths (a 50) faster. Alternate freestyle for a 50 with breast or backstroke for a 50 to work different muscles. Rest at the wall for 10 seconds in between each 50.

(2) 6 x 3 lengths (roughly 100 meters in our lab pool). Rest at the wall for 15 seconds in between each repeat.

Complete your workout by incorporating 2-4 lengths of kicking or use a pull buoy in between your inner thighs to float your legs so that you can pull with your arms.

Finish with 5 minutes of easy swimming to cool down

**Indoor cycling:**

Set the bike on a manual setting and warm up progressively increasing the level to a somewhat hard effort over 10 minutes.

(1) alternate one minute at 90 RPMs and a higher resistance level, with one minute of easy pedaling at a lower resistance. Example: 10 x 1 minute harder/1 minute easy.

(2) 5 x 2-3 minutes at a harder effort, 2 minutes of easy recovery

Finish your workout with 5-10 minutes of easy pedaling

**Treadmill:**

Warm up by gradually increasing your speed over 5 minutes. Ex. 3.0-3.5 mph/0-1% grade

"Pyramid" your workout:

3.5 mph	2%	2 minutes	
3.8 mph	3%	2 minutes	
4.0 mph	5%	2 minutes	Repeat 2 times for a 20 minute middle segment
3.8 mph	3%	2 minutes	
3.5 mph	2%	2 minutes	

Cool down for 5 minutes by gradually decreasing your speed over 5 minutes: 3.0 - 2.5 mph over 5 minutes.

If you are a beginner exerciser, start your pyramid at 3.0 mph, warm up and cool down at 2.5 mph. If you are more of an advanced exerciser, start your pyramid at a higher level, 4.0 to 4.2 to 4.5 mph and back down.

You can do the same workout if you are a runner as well! Just change the pyramid to suit your current fitness level.

### The combination workout:

Switch up your mode of exercise every 5-10 minutes and bounce around the gym on different pieces of equipment. For example:

Warm up on the treadmill for 5 minutes, and then walk briskly with a 2-3% grade for 5 minutes. Go immediately to the cycle and choose a "random" program at a slightly higher level than you would normally do for 5-10 minutes. Go to the elliptical for 5-10 minutes. Your cardiovascular system does not know the difference between a cycle, a treadmill or an elliptical machine. As long as you workout at a somewhat hard level (breathing harder, breaking a sweat, a challenging workout that you can hold for 20 minutes), you can do any combination of time on any piece of equipment!

Walk/jog: Thinking of starting a running program? Go about it safely! Work your way up progressively with this routine.

All workouts start with a brisk 5 minute walk to warm up. For the middle section of the workout, go 20 minutes with the following:

Week one: 2 minute jog/1 minute walk

Week two: 3 minute jog/1 minute walk

Week three: 4 minute jog/1 minute walk

Week four: 5 minute jog/1 minute walk.

Add one minute of jogging for each jog interval during the 20 minute segment each week until you reach a mile straight! Work up to 3 miles of jogging with a 1-2 minute walk recovery in between each mile.

Cool down with a 5 minute walk that starts brisk and slows down to an easy walk over 5 minutes.

The key to adhering to a successful exercise program and maintaining or losing weight through the winter is to keep your exercise routine varied. Swim one day; walk/jog the next, try the combination workout a third day. The next week try the indoor cycling workout, swim twice that week, the third week walk jog twice or try the treadmill workout. You can even combine a brisk 15 minute walk followed by a 15 minute swim for combination day. You can do anything to keep your routine interesting and before you know it, your exercise program will be a regular part of your weekly routine and you will be able to lose the weight providing you watch your diet. Good luck!